



## Ipeaked: A Reluctant Runner s World (Paperback)

By Thomas Swasey

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ipeaked: A Reluctant Runner s World is about my 30+ years and over 30,000 miles of running. It s not your typical runner s book since my passion is more about quality of life than running. I am truly a reluctant runner who embraces and enjoys the benefits of the world of running rather than the act. So if you re starting to run or are a seasoned runner or bicyclist: meet my guardian angels, race and train with me, share my life with family and friends, and learn a few things about running (run walk method, paying forward, training schedule, how not to run a marathon and more), cross training (biking and swimming), first triathlon, beginning road biking, and runner gift suggestions. I have mastered the balance of being competitive while adhering to a ?don t hurt yourself? training regimen. It seems to have worked since I m still at college weight, my butt hasn t fallen off yet, and most of my family and friends are still talking to me.

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